

<b>theme:</b>	<b>chef's surprise</b>
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***Cooking can be fun and interesting. There are many different kinds of food all over the world, depending on which country you visit. But, no matter where we go, we need to make sure we all eat healthy food so that we grow up big and strong!***

**Games:**

1. **Team:** Fun with food!

***(In many countries, people cook beans for almost every meal because they are high in protein and good for you!)***

Cubs will play in their Sixes. Place empty bowls on one side of the room, and bowls full of dried beans on the other side. Make sure there are an equal number of beans in each bowl. Give each Cub a straw. The aim of the game is for each team to transport a small pile of beans from a bowl on one side of the room to another bowl on the other side, using only their straw. They do this by sucking through the straw so the bean stays fixed to the end of the straw. If they drop the bean they must pick it up again using the straw. The winning Six is the one that transports all the beans first. You can play this as a relay or all Cubs working together at the same time – depends on your Pack.

2. **Revision:** Tic-Tac-Toe

***(Do you know how to keep yourself healthy and happy?)***

In this human tic-tac-toe game, Cubs are separated into two teams, X's and O's. The Scouter creates a tic-tac-toe board on the floor with masking tape/rope/chairs. The teams form single lines each holding an O or an X depending on which team they belong to. The Scouter asks one team a question relating to Healthy Living. If the Cub responds correctly, he/she takes a place on the tic-tac-toe board and holds their letter so that all players can see it. (Cubs cannot advise their teammates or competitors about where they should stand on the board.) The Scouter then poses a question to the first Cub in the other line. If the answer is correct, that Cub takes a position on the board and holds his/her X or O. If it is not correct, the question goes to the first Cub in the other line. The game continues until one team achieves three in a row. Some questions may be:

- Why do we need healthy food?
- Which is healthier – apples or apple sours?
- How many different food groups are there?
- Name one food group
- Etc...

3. **Circle:** Do you have a reservation?

***(The Italian restaurant down the road is very popular because Italian food is so yummy... Better make a reservation otherwise you'll just need to wait your turn...)***

Have everyone grab a chair and arrange themselves in a circle and sit in the seats. The Scouter will call out "Everyone who has \_\_\_\_\_ must move \_\_\_\_\_ seats to the \_\_\_\_\_".

The first space is for a trait (e.g. blue eyes, age, oldest sibling, birthday month, etc...). The second space is for the number of seats to be moved and the third is for either right or left. If, when a Cub moves, someone is already sitting in the seat then they must sit on their lap. If you have a stack of people and something is called out and does not apply to everyone in the stack, then the one that it does apply to moves along with everyone who is sitting on their lap. For example, you have a stack of five Cubs and number 1 is the person sitting on the chair aka bottom of the stack. The item called out only applies to person number 3 in the stack so that means that person number 3, 4 and 5 move out but 1 and 2 stay put. The game can end whenever you want.

4. **Quiet:** Crazy Peas

***(Peas are traditionally used in many countries around the world. Let's make Pea Soup! Oh no, we dropped the peas all over the floor, better pick them up!)***

Line the Cubs up at one side of the designated playing area. Scatter the peas all over the playing area. On a signal, the Cubs start to pick them up as fast as they can. But, when the Scouter turns to face them, they must freeze. Any Cub caught moving must drop their peas and return to the starting line. The Cub who ends up with the most peas at the end of the game is the winner.

Variation: If possible, have the Cubs do it in the dark. Turn on the lights. Cubs must freeze when they come on (use a torch). Anyone caught moving in the beam must drop the peas and start over.

5. **Steam release:** Smashing Pumpkins (balloon bangs)

***(Pumpkin pies are traditionally served in America at thanksgiving. Let's smash some pumpkins and make a pie!)***

*Games module: page 65.*

***Knowing what is healthy and unhealthy is very important.***

**Sense training:**

1. **Kim's Game:** Blanket Kim

Seat all the Cubs in one group facing a blanket held up by two Scouters to form a screen. Behind the blanket is a table/chair on which lie ten food articles e.g. apple, roll, potato, tomato or anything else suitable. The game begins by the Scouter in charge throwing up each article in turn so the Cubs can see it. Throw each article up twice – when all articles have been thrown up twice, Cubs get into Sixes (or work alone) and write down what they saw.

2. **Kim's Game:** Which is Which

*Games Module: page 63*

***Here is a traditional story about Stone Soup (there are many versions as it is an old traditional story. This version is from:***

***<http://www.michaelpowers.com/prosperity/stonesoup.html>***

**Yarn:**

**The Stone Soup - An Old Tale Retold - [Text by Marcia Brown](#)**

Three soldiers trudged down a road in a strange country. They were on their way home from the wars. Besides being tired, they were hungry. In fact, they had eaten nothing for two days.

"How I would like a good dinner tonight," said the first.  
"And a bed to sleep in," said the second.  
"But all that is impossible," said the third. "We must march on."

On they marched. Suddenly, ahead of them, they saw the lights of a village.  
"Maybe we'll find a bite to eat there," said the first.  
"And a loft to sleep in," said the second.  
"No harm in asking," said the third.  
Now the peasants of the village feared strangers. When they heard that three soldiers were coming down the road, they talked among themselves.

"Here come three soldiers. Soldiers are always hungry. But we have little enough for ourselves." And they hurried to hide their food. They pushed the sacks of barley under the hay in the lofts. They lowered buckets of milk down the wells. They spread old quilts over the carrot bins. They hid their cabbages and potatoes under the beds. They hung their meat in the cellars. They hid all they had to eat. Then – they waited.

The soldiers stopped first at the house of Paul and Françoise.  
"Good evening to you," they said. "Could you spare a bit of food for three hungry soldiers?"  
"We have had no food for ourselves for three days," said Paul. Françoise made a sad face. "It has been a poor harvest."

The three soldiers went on the house of Albert and Louise.  
"Could you spare a bit of food? And have you some corner where we could sleep for the night?"  
"Oh no," said Albert. "We gave all we could spare to soldiers who came before you."  
"Our beds are full," said Louise.

At Vincent and Marie's the answer was the same. It had been a poor harvest and all the grain must be kept for seed. So it went all through the village. Not a peasant had any food to give away. They all had good reasons. One family had used the grain for feed. Another had an old sick father to care for. All had too many mouths to fill.

The villagers stood in the street and sighed. They looked as hungry as they could. The three soldiers talked together. Then the first soldier called out, "Good people!" The peasants drew near. "We are three hungry soldiers in a strange land. We have asked you for food and you have no food. Well then, we'll have to make stone soup." The peasants stared. Stone soup? That would be something to know about.

"First, we'll need a large iron pot," the soldiers said. The peasants brought the largest pot they could find. How else to cook enough? "That's none too large," said the soldiers. "But it will do. And now, water to fill it and a fire to heat it."

It took many buckets of water to fill the pot. A fire was built on the village square and the pot was set to boil. "And now, if you please, three round, smooth stones." Those were easy enough to find. The peasants' eyes grew round as they watched the soldiers drop the stones into the pot.

"Any soup needs salt and pepper," said the soldiers, as they began to stir. Children ran to fetch salt and pepper. "Stones like these generally make good soup. But oh, if there were carrots, it would be much better." "Why, I think I have a carrot or two," said Françoise, and off she ran. She came back with her apron full of carrots from the bin beneath the red quilt.

"A good stone soup should have cabbage," said the soldiers as they sliced the carrots into the pot. "But no use asking for what you don't have." "I think I could find a cabbage somewhere," said Marie and she hurried home. Back she came with three cabbages from the cupboard under the bed.

"If we only had a bit of beef and a few potatoes, this soup would be good enough for a rich

man's table"! The peasants thought that over. They remembered their potatoes and the sides of beef hanging in the cellars. They ran to fetch them. A rich man's soup – and all from a few stones. It seemed like magic!

"Ah," sighed the soldiers as they stirred in the beef and potatoes, "if we only had a little barley and a cup of milk! This would be fit for the king himself. Indeed he asked for just such a soup when last he dined with us."

The peasants looked at each other. The soldiers had entertained the king! Well! "But – no use asking for what you don't have," the soldiers signed. The peasants brought their barley from the lofts; they brought their milk from the wells. The soldiers stirred the barley and milk into the steaming broth while the peasants stared.

At last the soup was ready. "All of you shall taste," the soldiers said. "But first a table must be set." Great tables were placed in the square. And all around were lighted torches. Such a soup! How good it smelled! Truly fit for a king. But then the peasants asked themselves, "Would not such a soup require bread – and a roast – and cider?" Soon a banquet was spread and everyone sat down to eat.

Never had there been such a feast. Never had the peasants tasted such soup. And fancy, made from stones!

### ***Fun and games with food ....***

#### **Craft/Activity:**

##### **1. Activity:** Rival Chefs

Before doing this activity, have a discussion around healthy eating and what a good healthy meal should be as opposed to an unhealthy meal.

*Games Module: page 45*

**Activity:** Make a fruit salad

**Activity:** Make a conservation stove and cook flapjacks

The advancement requirement is for the Cubs to use the conservation stove and not make it themselves. Although you will then need to pre-make them, it may be a good idea to make one in front of the Cubs so that they understand the concept and see how they are made. When making the conservation stove, ensure the opening for the buddy burner is at the open end of the tin so that the closed end of the tin can be used to cook the flapjacks. Try and cook fried eggs and bacon (or similar) as the requirement is a simple meal. Other things you may want the Cubs to try and cook are flapjacks or small burger patties. Also, get the Cubs to make a buddy burner – again, not part of the requirement but still fun for the Cubs to do. If they have managed to master the art of laying and lighting a fire (covered in Week 2 –Turn up the Heat), then why not get them to lay and light a fire and put the conservation stove over the fire to heat up the cooking plate? Whatever you do to cover this requirement, try it at home first so that you are familiar with the procedure and should any problems arise, you will be familiar with those as well.

Have a look at this link for instructions: <http://scoutingmagazine.org/issues/9411/atcan.html>

##### **2. Handcraft:** Eggheads

*Handcraft Module: page 37*

***Always fun to practice our campfire songs.***

**Singing/Play Acting:**

1. **Singing:** On top of spaghetti

*Singing Module: page 39*

2. **Playacting:** Human Machine

*Playacting Module: page 12 – focus on machines which may be used in the kitchen.*

**Advancement covered:**

**Silver Wolf:**

*Healthy Living:* Know and understand the importance of good eating habits. **(Revision)**

**Gold Wolf:**

*Campcraft:* Use a conservation stove and cook a simple meal for yourself. **(Activity)**